

December 2004

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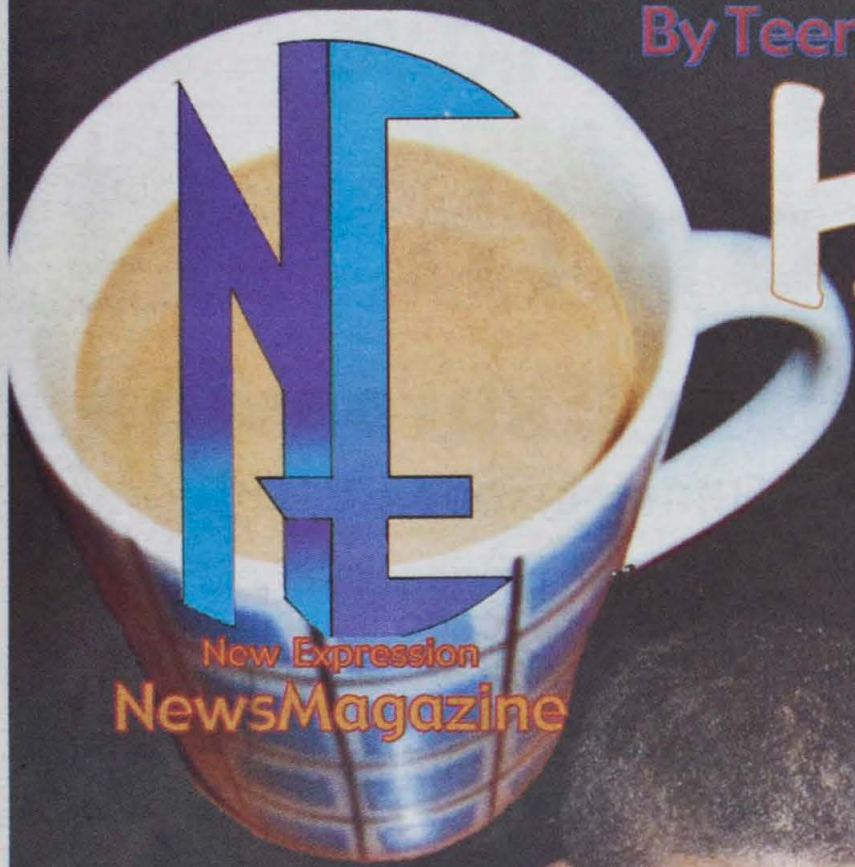
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By Teens, For Teens, ABOUT Teens

December 2004



HOW Do YOU TAKE Your Coffee?

Coffee with cream. Iced Mocha.
Espresso. Frappachino.
Teens line up for latest coffee trends,
but do they know the risks? **PAGE 11**



Mayor Richard M. Daley's 2010 Plan for Chicago Schools comes under fire **Page 4**

Hi Everyone

I hope that you are ready for the holidays, and more importantly, I hope that you started your Christmas shopping.



Eyevie McHenry

Well, you may have missed us in November, but we are coming back at you strong with our December edition.

This month we explore a variety of topics

including the popular coffee trend. Now I know personally many of you get jacked up on caffeine before going to school or when you're studying for a test. I have one question; do you really know what you are putting in your body? Being part of an on-the-go society is stressful enough, but using caffeine to keep up really pushes our bodies hard. So read and learn.

We also take a look at Mayor Daley's controversial 2010 school reform plan - a grand scheme designed to breathe new life into failing schools through the creation of smaller schools within those schools. The plan is quite complex and had earned much criticism, so read "Big Plan, Little Time" to learn about 2010 and hear what's being said about the plan.

We also have a story on the serious topic of cutting. During stressful and painful times some teens and adults turn to cutting themselves with sharp objects to relive themselves from those disturbing times. NE talks to cutters and provides ways cutters can get help.

Take Care

Eyevie McHenry

Eyevie McHenry
Editor-in-Chief

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This Month in New Expression

Renaissance 2010



Mayor Daley has proposed a bold new initiative for the Chicago Public Schools. The Renaissance 2010 plan will radically reshape the way schools are structured. How will it affect you?

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Cover Story

Teens and Coffee

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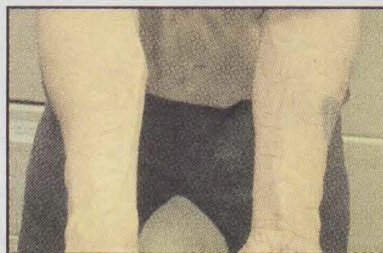
Many teens love coffee. What are the potential risks to this tasty treat?



Behind the wounds

Some teens resort to cutting themselves to deal with stress. Read their stories and learn how to get help.

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Ol' Dirty Bastard

1968-2004

Ol' Dirty Bastard, whose unique rhymes, wild lifestyle and incessant legal troubles made him one of the most vivid characters in hip-hop, died November 13. He was 35.

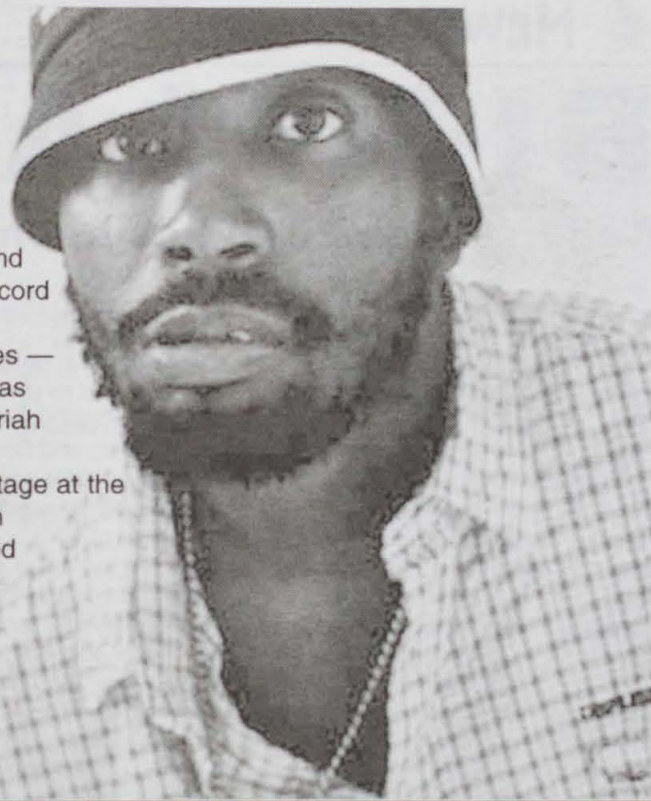
O.D.B. complained of chest pains before collapsing in a Manhattan recording studio, and was dead by the time paramedics arrived, said Gabe Tesoriero, spokesman for O.D.B.'s record label, Roc-a-Fella. The cause of death was not immediately clear.

O.D.B. — also known as Dirt McGirt, Big Baby Jesus or his legal name of Russell Jones — was a founding member of the rap group the Wu-Tang Clan. He released hit singles such as "Shimmy Shimmy Ya" and "Got Your Money," and appeared on remixes with artists like Mariah Carey.

Fans came to expect the unexpected from O.D.B. In February 1998, he crashed the stage at the Grammy Awards and hijacked a microphone from singer Shawn Colvin as she accepted an award, apparently upset over losing the best rap album Grammy to P. Diddy. He complained that he spent a lot of money for new clothes because he thought he was going to win. The rapper later apologized.

His mother, Cherry Jones, said she received the news of her son's death in a phone call, which she called "every mother's worst dream."

"To the public he was known as Old Dirty Bastard, but to me he was known as Rusty, the kindest, most generous soul on earth," her statement said. "Russell was more than a rapper, he was a loving father, brother, uncle, and most of all, son."



NEWS BRIEFS

No more hip-hop cigarettes

Kool cigarettes will have to cut their hip-hop advertising campaign "Kool MIXX" because it illegally targets black youth, according to the settlement of a \$1.5 lawsuit against R.J. Reynolds Tobacco, the owners of the Kool brand. The "Kool MIXX" campaign must get rid of many of its components or limit them to adult-only facilities. These include cigarette packs with rappers on the front, CD-ROMS of hip-hop songs and interactive games, DJ contests and magazine advertisements. The company claimed the "Kool MIXX" campaign was a celebration of hip-hop culture, but the lawsuit found the campaign violated the 1998 Tobacco Master Settlement Agreement, which bans tobacco companies from advertising to underage youth. Inspiration for the campaign probably came from research that shows 60 percent of black smokers use menthol brands like Kools, compared to 20 percent of white smokers. The lawsuit was spearheaded by Ill. Attorney General Lisa Madigan and the attorney gener-

als of New York and Maryland.



Survey says too many teens know shotgun victims

The results of a new national survey show a disturbing increase in the number of teens who are closely tied to victims of gunfire. The poll found nearly 44 percent of its young respondents know someone who has been shot, up five percent from last year. The survey also said 35.5 percent of the surveyed youth know a teen who has threatened to kill someone. Local and national gun control advocates say this poll is strong evidence of the need for assault weapon bans. The Illinois Assault Weapons Ban expired in September. The survey questioned more than 1,000 youths across the United States of different social and economic backgrounds. It was sponsored by

Uhlich Children's Advantage Network and conducted by Teenage Research Unlimited, both Illinois organizations. Complete results of the survey can be seen at www.ucanichicago.org/gun-survey/index.html

Abercrombie & Fitch settles race case for \$40 million

Popular retailer Abercrombie & Fitch Co. has agreed to pay \$40 million to black, Hispanic, and Asian employees and job applicants to settle a class-action federal discrimination lawsuit that accused the retailer of promoting whites at the expense of minorities.

The settlement requires the company to implement new policies and programs to promote diversity and prevent discrimination in its workforce. It also must pay about \$10 million to monitor compliance and cover attorneys' fees.

"We have, and always have had, no tolerance for discrimination," said Mike Jeffries, chairman and chief executive of New Albany, Ohio-based Abercrombie & Fitch Co. The company settled to avoid "long, drawn out" litigation, he said in a press release.

The lawsuit was filed last June in San Francisco by Hispanic and Asian groups charging that Abercrombie & Fitch, known for its "classic casual American" clothing styles, hires a dis-

proportionately white sales force, puts minorities in less-visible jobs, and cultivates a virtually all-white image. The lawsuit specifically accused the company of engaging in recruiting and hiring practices that exclude minorities and adopting a virtually all-white marketing campaign. The U.S. Equal Employment Opportunity Commission joined the private plaintiffs in the lawsuit.

The EEOC estimated the settlement would affect more than 10,000 Hispanic, Asian, and black men and women.

Abercrombie & Fitch Co., which also owns the Hollister and Ruehl stores, told the Associated Press that it hired a diversity consultant as its newly created vice president of diversity under the guidelines of the settlement, which also calls for hiring up to 25 diversity recruiters. The company also promised that its marketing materials would reflect diversity.

The original lawsuit was brought on behalf of nine young minorities who were denied jobs or fired based on their race.

"This agreement promises to transform this company, whose distinctiveness will no longer stem from an all-white image and workforce," said Thomas A. Saenz, vice president of litigation at the Mexican American Legal Defense and Educational Fund.

BIG PLAN, Little Time:

Renaissance 2010 has been approved but critics come out in full force

Over the summer, Mayor Daley announced a plan to open 100 new Chicago charter, contract, and performance schools by the year 2010. The plan, now known as Renaissance 2010, was approved Sept. 22, and has had mixed reactions since its approval.

"My son used to attend Dodge (elementary). I heard the Dodge program was supposed to be better. It didn't work. The students didn't know who they should listen to, and the grading scale was off...I transferred him out," said Vicki Willis, a CPS teacher.

Four years ago Dodge was one of about 12 schools closed for academic reasons but was reopened in 2003 as a prototype for 2010's implementation.

The initiative was created in order to cease the continuing failure of several academically deficient Chicago-land elementary and high schools.

"The goal of Renaissance 2010 is to create better schools and help the community" said Shenita. Johnson-Garrard, developmental and outreach coordinator of the New Schools Development Department.

The new schools will not consist of newly constructed schools. Instead several smaller schools will be placed into approximately 60 existing larger school buildings. A proposal from any group, organization or individual that has an idea for a new school is needed for CPS approval before they are created.

CPS officials have already started reviewing applications from outsiders looking to jump on the bandwagon. Some proposals have included math schools, science schools, agricultural schools, a peace school, and a journalism school.

"I like it a lot. We switch classes now, and we don't stay in the same class. You get to do a lot of stuff and activities. We looked at bees and we get to watch movies," said Ryan Bates, a 12-year-old who attends Dodge Elementary.

According to the New Schools Development Department, the 100 new schools will be classified as either charter, contract or perform-

ance schools.

Charter schools are schools that run their own board and are free of many state, CPS, and Board of Education rules and policies. Contract schools are also free of CPS and board policies, but not of state laws and are run by the companies and organizations that own them.

Performance schools will also be free of certain CPS and Board policies, but unlike contract and charter schools, will have teachers employed by CPS.

"[The schools] can be created with a specific idea," said Garrard. "For instance, you can make a performing arts school or music school with teachers who are professionals in the area."

Between six and 20 schools will be established each year as part of the plan beginning in September 2005. The new schools will be given five years to meet their expected requirements. If the schools do not meet expected academic goals within the five years, it may be ordered to close down.

CPS officials say they will need about \$125 million to launch the new schools. An estimated \$50 million of that money is to come in the form of private donations. Critics of the plan point to the fact that CPS is already struggling financially and question whether donors will support the schools for the long term.

However, the Board of Education, Mayor Daley, and CPS support the initiative and are all actively involved in breathing life into the plan.

"It's a way to create a better opportunity for our kids," said Sandy Rodriguez, a spokeswoman for CPS.

Several plans for new Renaissance schools have already been approved and established.

"Three schools will open at DuSable," Rodriguez said. "One will focus on teaching kids science and math. Another is a leadership school that focuses on teaching kids how to become global leaders."



NE File Photo
Mayor Daley's 2010 plan includes opening 100 new schools and placing them in 60 existing school structures.

However, certain individuals and organizations do not agree with the creation of the new schools and the goal of Renaissance 2010.

The Chicago Teacher's Union has been openly against the Renaissance 2010 initiative since it was first announced and did not want the approval meeting held on Sept. 22 to vote.

Parents and community leaders are also skeptical of the initiative, fearing that they would have no say so in the creation of the schools.

"I don't think it's (Renaissance 2010 plan) honest. They (CPS) come at us with all these plans they've already made. Decisions they've already reached. They don't listen," said Dolores Thomas, a member of the Transition Advisory Council (TAC) which helped in the creation of the re-opened Dodge Elementary School.

TACs are councils consisting of the parents, residents, community leaders, high school students, teachers, and businesses of the communities in which the schools will be established.

During earlier public hearings on

the controversial plan, Chicago Teachers Union President Marilyn Stewart, was quoted in many Chicago publications as saying "It's not what CPS is telling you about Renaissance 2010, it's what they aren't telling you." Those words provided support for people like Thomas who distrust the way CPS is handling the creation of the schools.

Despite accusations that CPS is not concerned about community input, CPS officials say parents and communities at large will be involved in the creation of the new schools. CPS point to the use of TACs as an example of how they are involving the community.

But critics like Thomas still believe CPS has turned a deaf ear to the community.

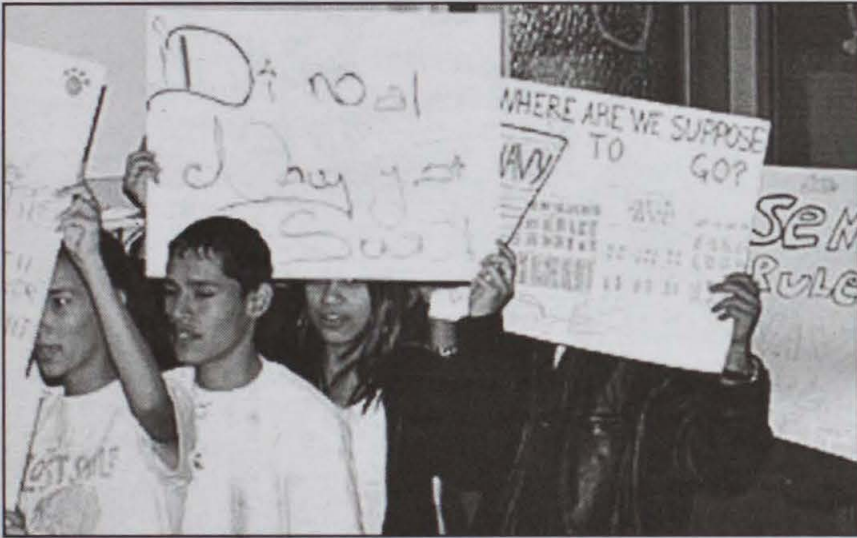
"They need to listen to parents, and give the parents the decision making (opportunity)," Thomas said.

Thomas complained of the need for a social service staff to address the social needs of the students. She said it took a year for all the students at Dodge to be seen by psycholo-

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2010

continued from previous page



NE File Photo

Students at Senn High School, 5900 N. Glenwood, march in October against 2010 plans which call for a Naval academy being placed in the school

gists. She said that has kept the school from advancing in performance.

"Our social service staff was low. Our kids are seeing kids raped, robbed, and beaten everyday. We need social services. We'll never get anywhere unless we work on that," Thomas said.

CPS is the third largest school system in the nation and serves 434,000 students. CPS said 8,000 students will be affected by the new Renaissance 2010 policy.

Daley and other CPS officials such as Tim King, president and principal of Hales Franciscan, are giving strong support to the plan and believe the new schools will benefit students. King said the plan offers a chance to create a new private boys school similar to Hales Franciscan, which has a graduation record for almost 100 percent of those graduating attending college. Daley has described the Renaissance Plan as a plan that is still continuing to develop and improve.

Those in the community are not sitting back as decisions about the future of their children's education are being drafted. Those against the policy are taking action and demonstrating their disapproval.

Almost 300 protestors filled buses to gather at the meeting chamber of the Chicago Board of Education and outside CPS headquarters on South Clark Street. More than 100 protestors also gathered outside the home of Board Education Chief Officer David Vitale, asking him to meet with them. Protestors even went as far as

sleeping in front of CPS headquarters to protest the Renaissance board meeting.

Already, almost 182 homeless kids have had to continuously change schools to cope with the closing of poor performance schools. Attorneys for the 8,000 homeless children that will be affected by the Renaissance Plan say that the plan forces low income students out of public schools and builds pricey private schools that parents will not be able to afford.

In September, a case was already taken to the Circuit Court of Cook County charging that CPS went against a court order that allows homeless children to continue attending schools despite where their home is located.

Across the street from Dodge Elementary is a homeless shelter. Kimberly Ward is resident of the homeless shelter and a mother. She said her kids were not able to attend Dodge, which is right across the street from the shelter.

"I think it's wrong. I think it's unfair. You're rebuilding schools that say 'no we won't let your kids go here' because they live in a shelter," Ward said.

Many parents feel the plan will hurt many children, since the plan forces kids to relocate until the opening of the new schools, and that it leaves underprivileged kids with few choices.

"You want to shut out the homeless people and act like we don't exist. The kids will be adults one day. They are supposed to be the future," Ward said.

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All Locked Up

Taft High School continues push for additional lockers

**By Elizabeth Juarez
Taft High School**

Behind the door of William Howard Taft High School, there is a significant locker shortage that continues to get worse each year. "We have asked for new lockers and replacement lockers every year, but the Board of Education has denied us every time," said Chris Jones, Assistant Principal at Taft.

Jones said that besides dealing with a locker shortage, many of the lockers at the school do not work properly. The doors won't shut, the latches have been cut off, or the doors are bent. In some cases, Jones said he has used rope to close off lockers that are in complete disrepair.

Taft currently has about 2,400 students and only around 1,300 lockers, according to Jones. That means the school has slightly more than one locker for every two students.

"We are at full capacity. Each locker has to accommodate two students due to the shortage," Jones said. "About 90-95 percent of our students share lockers."

Jones estimated there are about 50 broken lockers that are not in use. "Our school engineer has

repaired many of the lockers in the last couple years, but our engineering budget was cut this year, even with the increase in students," he said.

Taft's enrollment went up considerably from 1,800 to 2,400 this year, and Jones said the school expects to have 3,000 students by the 2005-06 school year.

"We don't want to assign more than two students to a locker, but if we don't get more lockers next year, we may have to," Jones said.

When Taft built an addition to the school in 1996, new lockers were not added during construction.

"Our students have to walk back and forth from building to building just to go to their lockers," Jones said.

John Westendorf, 17, a senior at Taft, said CPS officials should visit the school to see how bad the situation has become.

"I think if the Board of Education took time out of their life to see the bad condition of these lockers, then maybe Taft would get what they ask for," Westendorf said.

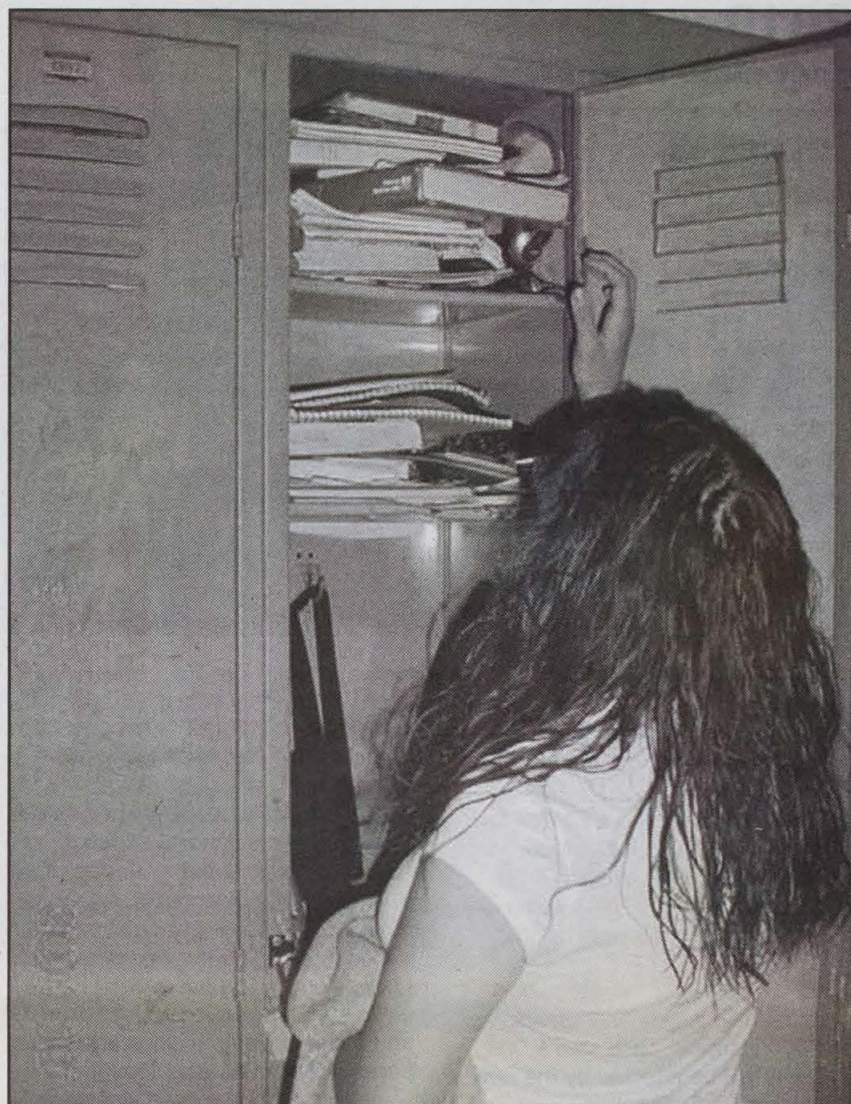


Photo by: Sara Kwiatkowski, Taft
A student at Taft High School searches for her belongings in a locker she shares with two other students. The school is short on locker space.

Teens with a Voice: Midwest Regional Youth Conference

**By Phylecia Thompson
Lake View High School**

According to various national reports and surveys, today's teenagers are dealing with a phenomenal amount of stress, but they are still being written off by many adults as a society of slackers who care very little about the world around them.

That is why people like Tanisha Williams are working desperately to change the perspective that many have of youth and bring youth together to talk about issues that affect them.

"When you think about our generation, it's always negative. We want to change that, because the media wants to show what they want," said Williams, a member of the Youth Committee for the Midwest Regional Youth Conference.

On Oct. 16, several youth from across Illinois and surrounding states gathered at the University of Illinois at Chicago (UIC) to attend the Midwest Regional Youth Conference.

"It's for young people with different backgrounds to come together with issues that are important," Williams explained.

The conference is a follow-up of the National Youth Conference, which was held in Chicago in April. The purpose of the Youth Conference is for teens of different races to discuss issues that are important to them, educate each other on the issues, and how to solve problems affecting them.

The issues covered at the conference ranged from physical and mental abuse, drugs, and education to

employment, juvenile justice, sex, and sexually transmitted diseases.

"We have to talk about drugs and people with low self esteem. There's a lot of people using drugs more than ever before," said Andrew Moy, a junior at Lake View High School. Moy, who attended the conference with a friend, is a member of the Chinese American Service League (CASL), which helps Chinese Americans into college, and trains them to be leaders.

Workshops at the conference included, "Dealing with Physical and Mental Abuse" which focused on how teens can resolve their inner feelings, and end the cycle of abuse and "Dealing with Drugs and Their Effect," which looked at the cause and effects of drug distribution and abuse.

"I learned all the rights I have, and I was also taught how to respect cops," said Donavon Jenkins, a senior at Pioneer High School in Michigan, after attending in one of the Juvenile Justice Workshops.

Special sessions were held on how youth can get involved in organizations and programs such as Cease Fire, which are dedicated to ending street violence.

Cease Fire is a community initiative from the Target Area Development Corporation, in which members all over the Chicago area educate adults and youth about non-violence, and how to pass it along to others.

False Myths Behind Charity of Life

Secretary of State's Office addresses rumors about organ donation

By Natalia Santillan, Lane Tech
and Rebecca Parsons, Columbia College

To sign or not to sign?

That is the question that arises for those in the process of gaining or renewing their driver's license. They must decide whether or not to sign the back of their license to become an organ donor.

While some approach the question from a moral, ethical or religious perspective, there are those who have fallen prey to a long surviving myth or urban legend. It is rumored that if someone who has signed up for organ donation ends up in a life-threatening situation, the effort to save that person's life will be lacking and they will end up on the dissection table.

"I think in some cases it might be true, depending on the demand of organs and the type of training the doctors received," said 16-year-old Chicago resident Miriam Vargas. She has opted not to be a donor.

David Druker, a spokesman for the Illinois Secretary of State's Office, said there is actually no basis or fact to the rumor.

"The idea that a doctor or medical professional would take away life or spare it based on organ donation or anything else goes against ethical and professional standards. Medical professionals must take an oath of ethics to practice medicine and that oath swears to preserve life in all situations," Druker said.

Druker went on to say that if a doctor were to do what this myth implies, then that doctor's medical license would be taken away and they could never practice medicine again.

Druker said the rumor is prevalent in the black community, which some speculate has to do with the black community's mistrust of American authority due to previous mistreatment and injustice.

Druker said he is unsure where the myth comes from, but he hopes it will be completely dispelled soon.

"Hopefully people will become more educated in



Photo by Shariff Muhammad, Harold Washington College
A trip to the emergency room does not mean that you will end up dissecting table

society, and will learn the truth about this," he said.

While the rumor continues to circulate, many teens in Chicago said they don't buy into it.

"It's a doctor's job to help you in a life-threatening emergency and if you don't make it, that's just the way it goes," said 15-year-old Daniel Carrol.

When it comes time to get his license, Carroll said he will sign up as an organ donor.

"I have no use for them once I'm

dead, so why put more weight on my casket," Carrol said.

Amanda Vanderkelen, 16, said she does not believe the rumor and she has already signed to be an organ donor.

"When I die, I won't need them anymore. So I want someone who could use them to have them," she said.

Besides the myth of a doctor waiting patiently in the wings for a victim to cut open and give their organs

away, Druker said his office has to address a more significant rumor.

"We need to overcome the myth that organ donation desecrates the body," Druker said.

"There is a belief in some religions, particularly Catholicism, that the body needs to be whole and preserved in order to decent into heaven, and that organ donation somehow ruins that," he said.

Druker said that community focus groups have found the Catholic Hispanic community is especially likely to believe in this idea.

To combat the myth, Druker said his office has done research of the Old Testament of the Bible and tries to show people that the Bible says the soul is immortal and the body is merely a shell for the soul.

The Secretary of State's Office is also trying to educate people who decide to donate organs that it is absolutely vital for them to inform family members of their decision after signing the back of their license.

"After we're gone, the family has the final say. It is critical to let the family know what your decision is," Druker said.

Druker encourages more young people to seriously consider giving the gift of life with organ donation.

"I think it's something that young people don't think about, which is logical, because it's about death, but it is something they should really consider," he said.

Jeff Szukala is a baseball coach at Lane Tech High School and one of many driver education teachers at the school. He stresses the importance of organ donation to his students frequently.

"If you are a no, have the guts to tell someone who is on a waiting list (for an organ) why you are a no; face to face, in person. Don't just say no because your mom said no," Szukala said.

NE

Filling out your organ Organ Donor card

THIS IS A LEGAL DOCUMENT UNDER THE UNIFORM ANATOMICAL GIFT ACT OF SIMILAR LAWS. I hereby make an anatomical gift, effective upon my death.

☐ Any organ or tissue ☐ DATE _____

☐ Only the following: _____

Signature of donor: _____

WITNESS: _____

WITNESS: _____

Should Type Blue Ink

Medical Information: _____

Living Will: _____

Dead Will: _____

As a resident of Illinois, you should take the following steps to ensure your decision to become a donor is carried out:

Sign up online in the Illinois Organ/Tissue Donor Registry at <https://www.cyberdriveillinois.com/ContactFormsWeb/register.html>.

Indicate your wishes on your driver's license or state ID when you apply for or renew it.

Always remember, it is important to tell your family members that you have decided to become a donor so that, upon your death, they can confirm your choice.

COLLEGE



DAYS

Know money saving strategies before college

By Rebecca Parsons
Columbia College

The teen years provide many momentous occasions and transitions to celebrate. One of the most significant of these rights-of-passage is entering the workforce.

Now that you are old enough to get a job and make money of your own, it's important you learn how to manage your money. Especially since you will soon head off to college, where you will have to juggle classes and work, making it more difficult to make money and save money.

Since you are not yet qualified to get fancy fun jobs, you will undoubtedly work very hard for every paycheck. You should therefore try to hold onto as many of those precious dollars as you can. Here are some tips on how to do it:

\$ HAVE DOLLAR SENSE \$



Do not try to live above your means. This is a common mistake among young people. If you are not a rich celebrity, then do not try to dress, drive, or live like a rich celebrity.



Make yourself a budget. Here is an easy way to do it:

- 1) List your monthly expenses in order of importance, with the most important on top.
- 2) Figure out how much money, or income, you have for the month.

- 3) Subtract your expenses from your income one at a time, starting at the top and working your way down.

If you run out of money before you subtract all your expenses, then you have to cut out the expenses that are left on the list. If you have money left, then make a plan for how much of that extra money you will save and how much you will spend.



Make saving money a requirement instead of an option. Take a certain amount of money every month and pay it to yourself as if you were paying a bill. Put that money in a savings, money market, or CD account and leave it alone.

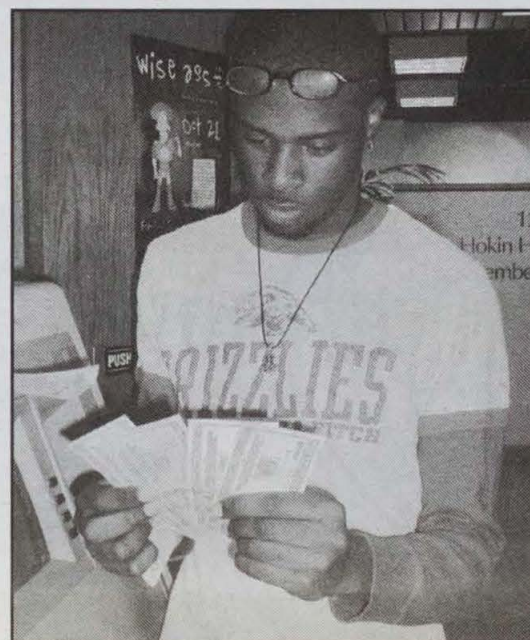


Do not carry extra money with you. Only take the amount you need for the day.

Do not buy a product at the first store you see it in. Find out which other stores or web sites carry that item and then buy it at the lowest price.



Look for fun places to go for free. Like festivals, museums, poetry readings, and promotional parties. You can get into most dance clubs for free if you get there before a certain time, get a free pass off their web site, or put your name on their RSVP list.



Staff Photo by Rebecca Parsons

Learn how to control your spending, and balance your checkbook before heading off to College. By saving your money and knowing how not to live beyond your means, you won't have to rely on Mom & Dad to send you money all the time.



Give thrift stores a chance. Second-hand shopping is nothing to be ashamed of. You can often find high quality, name-brand clothing at thrift stores for very low prices, especially in a big, fashion-savvy city like Chicago.



When you get a bank account, use your bank's ATM's only to avoid the transaction fees of other banks, which can range from \$1.50 to \$3.00.



If you get a checking account, be careful not to bounce checks, as it will cost you up to \$35 each time. If the money is not there, then don't write a check.



Do not go shopping because you are sad or stressed out. It may provide temporary relief, but it will not solve your problem and it will put a dent in your budget.

Never go grocery shopping when you are hungry. You will buy more than you need and you will probably buy unhealthy foods.

Make a list before you go shopping, and stick to it, to avoid buying things you don't need.

Do not drink expensive sports drinks, soda pop or coffee. Drink water—it's free.

Teenage entrepreneurs have their own name, style, and understanding of what it means to make it on their own.



New Expression will share stories of how teens are making it and what it takes to be successful because...

Kids Club teaches teens to be faithful leaders, business owners

By NE STAFF

It's Thursday night and Travis Smith, a 17-year-old junior at Lincoln Park High School, is sitting in a hot room with his business partners hashing out the details of a service contract. His partners, all under the age of 16, look at loose leaf pages filled with pay schedules and pay rates.

This is a business meeting of the Big Kids Club, (BKC) Cleaning Crew, a teen owned and operated business founded in the summer of 2003 by members of the BKC Program in the Cabrini Green housing project.

Founded in 2001 by Shaunta Weaver, a mother living in Cabrini Green, and Donita Travis, a former owner of an advertising agency, Kids Club is a faith-based organization serving the Cabrini Green community. Located at 419 W. Oak Street, the organization provides tutoring, after school programs and special projects, all in a Christian context.

Kids Club utilizes Christian principles to provide services and support that are meant to nurture

the whole person—educationally, physically, emotionally, and spiritually.

"What good is it to educate a child and lose their soul?" asked Donita Travis, director of Kids Club.

Travis, who founded Arian, Lowe, Travis, a national known advertising agency in Chicago, left advertising in 2001 after she received her calling at a retreat.

BKC ultimately seeks to foster leadership skills and social development, building upon the mind, body, and soul. Using the life of Jesus as a model, BKC teaches service leadership.

In 2003, Kids Club partnered with Entrenuity, a faith-based non-profit organization that provides hands-on entrepreneurial training to schools and other organizations. Both the Kids Club and the Big Kids Club entrepreneurial programs teach financial literacy to adolescents and teens.

Starting with a group of 25 teens, the BKC Cleaning Crew began in the Big Kids Club as part of the entrepreneurial training process.

With a core management team of eight teens, the business is run by the founding members with the guidance of Brian Jenkins, executive director of Entrenuity and a Kids Club coach.

Jenkins started as a Junior Leader in Big Kids Club.

"It was 25 percent me wanting to get paid, 75 percent so I could be with my boys" he admits.

Jenkins became involved after he stopped seeing two of his closest friends hanging out around the neighborhood. When he asked them where they had been, they told him they had joined Kids Club. His friends have since moved on to other things, but Jenkins has moved on to become a business owner.

Jenkins attributes his success to persistence. As part of the BKC Cleaning Crew management team, the company positions are selected by the staff members. Some of the original managers have been fired by their peers for not living up to expectations.

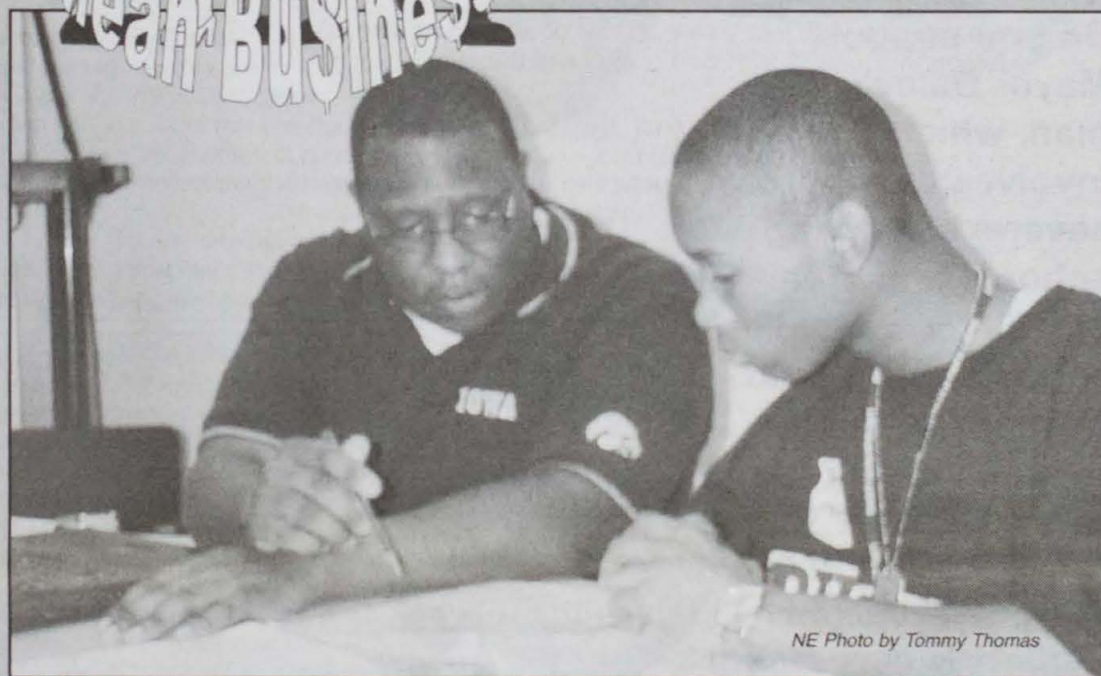
When BKC first started, Kids Club paid BKC members as they learned

the business process. The BKC Cleaning Crew members are now paid out of their profits, having signed their first contract for \$11,000 this year for cleaning a building in Cabrini Green. The business received certification from the Aramark Company to provide cleaning services.

Now BKC hires young people from the community while managing the daily operations. The idea is to encourage teens to create businesses and become self-supporting.

Other owners include Shelea Poindexter, 14, Na' Tasha Childress, 13, Loretta Wilson, 14, and Na' Toya Chudiss, 13. Each has earned enough money to start savings and checking accounts.

In addition to BKC, Jenkins plans on starting two more business ventures in 2005. In February he plans on investing some of his profits in a vending license to own and install a vending machine at Kids Club. **NE**

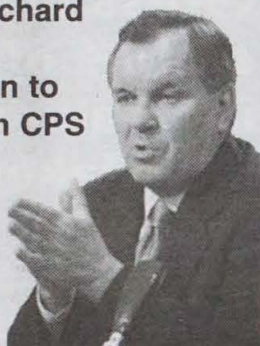


Big Kids Club mentor Brian Jenkins reviews invoices with Travis Smith, 17-year-old business owner.

NE Photo by Tommy Thomas

November/December 2004 Essay Contest winners

Mayor Richard M. Daley has a plan to transform CPS Schools



Do you support Mayor Daley's 2010 plan, which involves closing of several struggling schools and creating 100 new smaller schools that would be managed by the private sector?

February Essay In honor for Black History Month

What issue in the black community do you feel needs the most attention to help the black Community advance

Essays must be 200-300 words. The top three essays will be reprinted in the October issue with photos of the winners, who will receive \$100, \$50 and \$25 respectively. All entries must include 1) your full name 2) Home address 3) School name 4) Home phone number 5) Teacher's name, if the essay was assigned. 6) All essays must be typed. Forget any of these, and your essay will be disqualified.

**Send essays to: New Expression Essays
600 S. Michigan Ave.
Chicago, IL 60605
Fax: (312)922-7151
email: brentw@youth-comm.org
please make the subject line: "NE Essay Contest."**

**Essay Deadline is
January 15**

Unfair: There are a plethora of different words that could be used to describe what Arnie Duncan and Mayor Daley's 2010 plan is, but unfair describes the inherent injustice of this plan more precisely than any other word possibly could.

While it may ultimately be in the best interest of the school system as a whole, in order for this plan to reach fruition someone must suffer. The individuals that must suffer are the children that will be forced to relocate to a different school (with a large number doing so in their senior years of high school), and are either unwilling or unable to trek long distances to reach a school that is an absurd distance away from their place of residence.

**First Place
Rory Trotte
Gwendolyn Brooks
College Preparatory
Teachers: Ms. Dotson
& Ms. Kremenski**

While some students will probably eventually benefit from this plan, the ones that cannot, will not, or don't want to be forced to leave schools that in some cases may have been their place of sanctuary for several years will be forced to endure a trial disruption and discord that they simply shouldn't have to.

What Duncan doesn't realize is that in many instances, school is not just a place that one goes to learn; it is a place where high school students grow as people emotionally and physically, while building friendships and relationships that frequently last a lifetime, and at the very least last for that period in the students life.

It is wrong to prematurely tear all of these children from a school that has in many instances been their livelihood and completely interrupt their education and social life. It is not only a deliberate, abhorrent disruption of their lives, but it's unfair.

No child should have to go through what Arnie Duncan has proposed with his plan to shut down under-performing Chicago Public schools and replace them with private charter programs. The above reasons should be more than ample proof of this, and it cannot be reiterated enough; it's just not fair to the children.

**Second Place
Misty Ineece
Gamino
Gwendolyn Brooks
College
Preparatory**

Small schools perform better than larger ones, and that's the way Mayor Daley is looking at it. In past years, large schools have been decreasing in their academic performance. One faculty system is not enough to support a lot of students. The smaller the teacher to student ratio is, the better the student will comprehend and achieve.

Mayor Daley has outlined an extensive plan that will involve the closing of struggling schools and opening smaller schools. This is a way that students will get a better education and not have to go farther than they already are. Also, privately owned schools may perform better due to improved resources. Some of the older schools are deteriorating, and with funds from a private sector, there would be money for renovations. Students are proven to do better when they are in a nicer, cleaner environment.

Support from a private sector has many benefactors. Students wouldn't have to rely exclusively on the funds provided by the state, therefore they would be provided with a better learning environment because money produces better facilities and supplies. Mayor Daley has already started converting large underdeveloped high schools into smaller schools, and they have proved that this strategy works. Bowen High School was on the brink of being closed due to its failing rate, but since they have divided the school, its students are performing better.

It's all about the students' learning, and it shouldn't be about anything else. The students that are in school now are the future of this country, and without a decent education, they won't succeed. Students shouldn't have to travel across the city, and sometimes outside the city to receive a top education; there should be schools close to home that they could rely on. Mayor Daley's plan will produce a higher amount of achievement in schools.

**Third Place
Rebecca Milsk
Whitney Young
High School
Teacher: Mr. Rehak**

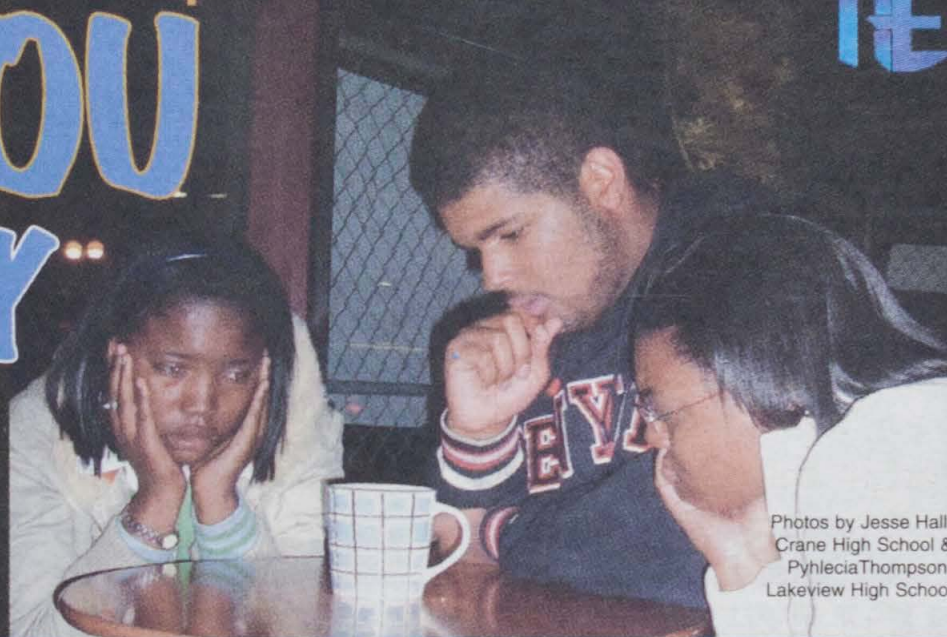
Though Mayor Daley has not yet elaborated on his 2010 plan to close struggling schools and replace them with new smaller privately-run schools, I still feel that he is taking a step in the right direction by trying to improve a public school system in dire need of some shaping up. Clearly struggling schools owe it to their students to offer them the best education possible, and if that means sending them to privately-run schools or charter schools, maybe that would be for the best.

However, Mayor Daley's plan has not been so clear so far as to what identifies a school as "struggling," or what prevents students affected by the plan from being shuffled through multiple schools in one year. At the same time, private and charter schools do not ensure union-member teachers their jobs like public schools do, meaning that countless teachers employed at these replaced struggling schools could find themselves out of work.

These currently unresolved aspects of the plan have sparked some definite problems and opposition. However, with some clarification and smoothing over, I think that sending students to smaller schools that are more sensitive to individual needs might be just the ticket to help Chicago schools succeed. By recognizing that there is significant room for improvement in the Chicago Public School system, Mayor Daley has set standards for better education, standards he can hopefully reach and exceed with the start of the 2010 Plan. With the success of these privately run schools, perhaps the Chicago Public School system itself can learn from their example, adopting their success and avoid their failures to become better than ever.

Coffee with cream. Iced Mocha. Espresso.

How Do YOU TAKE YOUR Coffee?

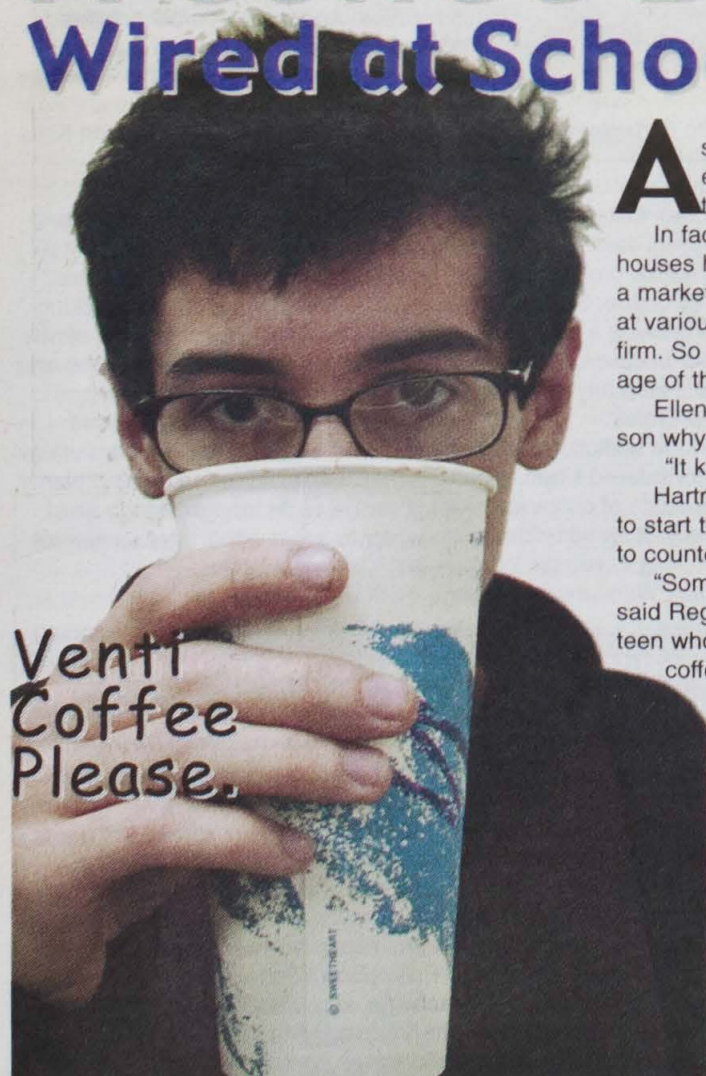


Photos by Jesse Hall,
Crane High School &
Pyhlecia Thompson,
Lakeview High School

Teens line up for the latest coffee trends, but what are the risks?

A Coffee Boost: Wired at School, Restless in Bed

By Kathryn Burman
Lincoln Park High School



Photos by Sharrieff Muhammad, Harold Washington City College

www.newexpression.org

As the average teenager sits back and sips his double chocolate espresso and whipped cream drink, he's probably not thinking about the fact that he's part of a national phenomenon.

In fact, the number of teens who drink coffee at restaurants or coffee houses has increased by 12 percent this year according to the NPD Group, a market research firm based in New York. In 2003, teens that drank coffee at various establishments rose by 15 percent according to research by the firm. So it is no surprise that experts say teens make up a decent percentage of the \$18 billion per year coffee industry.

Ellen Hartnett, 17, from Lincoln Park High School sums up the main reason why teens have turned on to the java bean.

"It keeps me awake," she said.

Hartnett is one of many students who feel that they need a cup of coffee to start their school day. Caffeine-loaded coffee has become a common way to counteract sleepiness and help prevent dozing off.

"Sometimes I need a little boost to help me make it through the day," said Regine Chartier, 17, of St. Ignatius High School. Chartier is another teen who turns to coffee for a quick source of energy. Chartier has been a coffee drinker since she began high school, and drinks it on a day-to-day basis.

Is there something more than energy that these teens are seeking?

Both Hartnett and Lily Shen, 17, Lincoln Park High School, agree that coffee from chains like Starbucks and Caribou Coffee are more "glamorous and trendy" especially since they offer a variety of hot and cold almost dessert like drinks.

"I think they try to capture a European feeling with their drink types and names," says Hartnett. Shen adds that the "convenience of a Starbucks" being located right by her school is another strong reason for her coffee-drinking.

When asked how long she had been drinking coffee, Shen laughed and replied "since I started high school and found rea-

Sometimes I need a little boost to help me make it through the day,"

--Regine Chartier, 17, St. Ignatius High School.

More about Coffee on Pages 12-13

Boost continued on next page

How Do YOU TAKE YOUR Coffee?

Homework, jobs, studying for the ACT and SAT cause teens to consume more coffee in order to keep up with the demands of everyday life.



Photo by Brent Watters,
NE Editorial Advisor

UP All Night

Teen caffeine crave may cause long-term health problems

By Jeannette Bruno
Lincoln Park High School

Health officials have known that high caffeine intake isn't good for anyone, but with coffee drinking becoming more and more popular among teens, it's a subject worth revisiting.

When teens are told not to drink a lot of coffee it's because of the amount of caffeine that is in each cup. A moderate amount of caffeine is nothing to worry about, health experts say. There are no health risks drinking three 8 oz. cups of regular coffee, which is about 250 milligrams of caffeine each day, according to the Henry Ford Health System.

However, when daily caffeine intake exceeds the moderate amount health problems can occur and the effects can be harmful.

"The most common complaint with kids who drink coffee is chest pains," said Dr. Chris Stahl, a University of Illinois at Chicago physician who also serves as the assistant professor of pediatrics at the school.

Chest pains are common because they can be caused by reflux, which is acidic stomach contents making

its way into the esophagus and causing irritation, Stahl said. Chest pains can also be caused by rapid heart rate from excessive caffeine intake, she said.

"If they (teens) cut back on coffee they will feel better," Stahl said.

Too much caffeine intake can also cause diuresis, which is excessive urination. It can also result in nausea and vomiting, restlessness, anxiety, depression, tremors and difficulty sleeping. Caffeine can also cause headaches because it makes the blood vessels smaller.

If that isn't enough, research also shows that caffeine can result in memory loss, loss of behavioral control and increased impulsiveness.

Caffeine also acts as an appetite suppressant, so you won't be hungry for longer, which prompts many teens that don't have time for a breakfast to just go to the nearest coffee shop in the morning. This may be a problem for people who are overweight, Stahl said. People who are pumped up on caffeine may not eat for a couple of hours, but after the caffeine wears

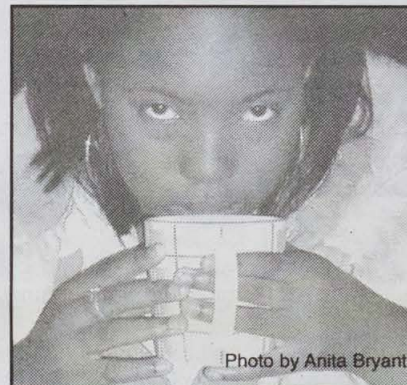


Photo by Anita Bryant

away, they are hungrier than before.

"If you drink coffee instead of eating, it's a problem," Stahl said.

Besides the health problems that can be caused by coffee, Stahl does not recommend drinking a lot of coffee as a teenager because teens don't get enough sleep anyway due to irregular sleep cycles.

There is also the addiction factor that should be considered when consuming large amounts of caffeine. Caffeine is like any other stimulant, when you stop taking it, you go through withdrawal. Withdrawal can be

headaches, drowsiness, irritability, nausea and vomiting, Stahl said. John Hopkins University recently reported that one cup of coffee a day can cause addiction to caffeine. A study of at least 50 test subjects reported having headaches when they were denied their morning cup of coffee. Another 13 percent claimed they felt extremely ill and that they could not function properly. The researchers at the university are now petitioning for caffeine addiction to be included in the Diagnostic and Statistical Manual of Mental Disorders, which many consider a physician's medical Bible.

Stahl said that people who are avid coffee drinkers and are looking to kick the habit need to do so slowly to avoid physical discomfort. She and other medical experts recommend switching to decaffeinated coffee (which still has a small amount of caffeine), switching to tea, getting plenty of rest at night, and drinking lots of water to avoid withdrawal symptoms.

NE

Boost continued from last page

Long nights spent doing homework, sports and clubs cause teens like Shen to crave a quick fix in the mornings. Coffee, with or without chocolate and other sweeteners, is an easy and accessible solution.

Many teens said that there is a recognizable difference between coffee sold at posh cafes and the home-brewed variety.

"The stuff from a coffee maker at home seems to work better caffeine-wise," Shen said.

But is it the caffeine content or the added sugar that is drawing teens to coffee?

Jeffy Mai, 17, Lincoln Park High School, says that it's the "ability to have both, with a bigger boost than soda."

Experts who study the coffee drinking trends say that many teens are making the switch from sodas and other caffeinated drinks to coffee because coffee caffeine content supersedes that of other caffeinated beverages.

Teens are choosing to drink coffee instead of soda to get their caffeine boost during the day.

However, coffee's sudden energy rush may do more than get you through your morning classes.

Research shows that caffeine takes more than three hours to work its way through a person's blood stream, which in turn means that the effects of coffee last far beyond the initial time that was consumed.

Mai feels that his coffee drinking is affecting his sleep habits.

"I think drinking coffee is bad for my sleep habits. Sometimes I feel wired and on edge and I can't get to sleep," Mai said.

And while Mai acknowledges that the rush he gets from coffee is interfering with his sleep, Mai said he continues the vicious cycle by "running the coffee maker" first thing in the morning after a night of tossing and turning. NE

How Do YOU TAKE YOUR Coffee?

Teens need more sleep, less coffee

Using coffee as a sleep substitute can cause mental and physical damage

By Rebecca Parsons, Columbia College

Look around you. American culture is becoming increasingly fast-paced. The evidence is everywhere: 24-hour grocery stores, drive-through dry cleaning, fast-speed Internet connections, instant messaging and instant coffee.

It used to be that this 24/7, "go-go-go and be successful" attitude applied its pressure to adults only.

Not anymore. Today's teens are not waiting to hear the old starting horn in life's race to achievement. They want a head start, and they are willing to go to great lengths and make new sacrifices to get it.

One of these sacrifices is sleep, and many teens are drinking coffee to make up for their lack of sleep and subsequent lack of energy, focus and concentration.

Matthew Kurzeski, a 17-year-old senior at Senn High School, said the pressure of higher standards led him to start drinking coffee.

"Everyone in my family is successful and makes good money, so I gotta be successful too. I have to get top grades and I'm in sports and clubs and stuff, so I can get into a good college," Matthew said. "It's tiring, you know, and there's Dunkin Donuts and Starbucks down the street, so I started stopping in there on the way to school."

Kurzeski, who said he gets about five or six hours of sleep, is part of a growing trend among teens who are working harder and getting less sleep as a result.

The National Sleep Foundation suggests that teens get at least eight to nine hours of sleep each night; yet their latest study found that the average American adolescent is only getting about six hours per night. That same study found that 60 percent of the respondents under 18 complained of being tired during the day and 15 percent of them fell asleep during school in the past year. (NSF's 2000 Sleep in America poll)

Getting sleep has become a problem for Jose Salgado, a 16-year-old sophomore at Senn High School. His family owns a small restaurant, where he works every evening after school; his need to help his family pushing sleep down on his priority list.

"I go straight to the taqueria after school, and I usually work until we close at 11. So I have to wait until I get home and do my homework. Sometimes I'm up until one or two (a.m.) and I have to wake up at seven (a.m.)," Salgado said. "My dad drinks Café Bustelo (coffee) in the morning, and now I drink it to help me wake up and get going."



While many teens do not realize it, this lack of sleep is harmful to their mental and physical health. Sleep gives the body a chance to rest, grow, and build itself up.

According to a study from the University of Chicago Medical Center, connections between neurons are reorganized and strengthened during sleep, making the brain functions more efficient. This replenishment of neurons also allows the brain to process and remember what has been learned during the day. This is especially important for studying and memory retention in adolescents, whose bodies and brains are still growing.

The study also found that sleep deprivation weakens the immune system, making the body more prone to infections and viruses and even worse, obesity, diabetes, hypertension, and other heart problems.

Sleep deprivation in teens leads to memory loss, lack of focus, shorter attention span, mood swings, and even aggressive behavior, according to research by Edward O'Mailley, director of the Sleep Disorders Center at Norwalk Hospital in Connecticut.

O'Mailley has also found that teens with chronic sleep loss get lower grades and have a higher risk for depression, anxiety disorders, caffeine dependence, and car accidents due to fatigue.

Most teens do not consider themselves a likely candidate for caffeine dependence, but they can become addicted to coffee just as quickly as any adult.

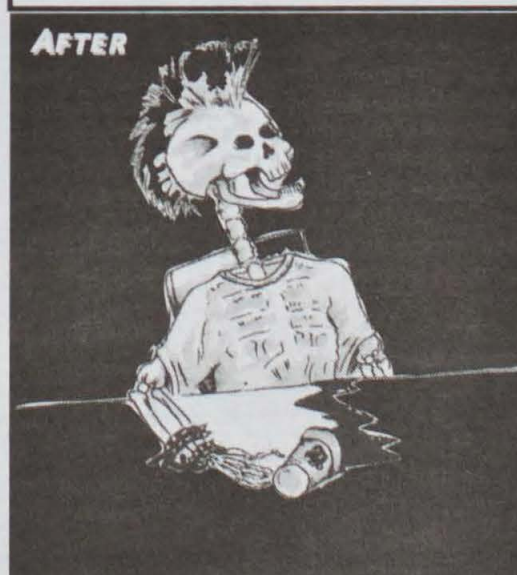
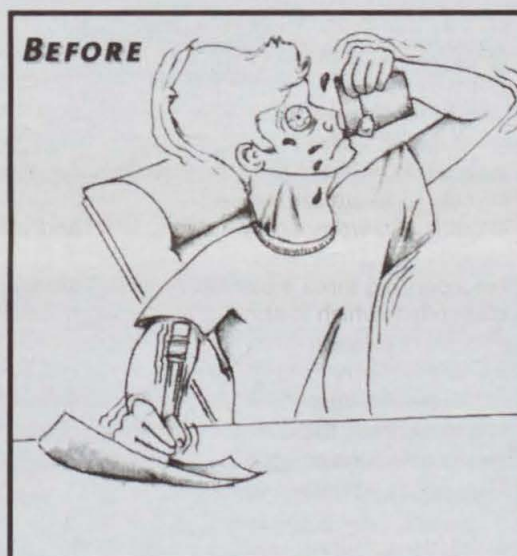
Recent research from Johns Hopkins University states that it only takes one cup of coffee a day to cause caffeine addiction.

Jose Salgado is a testament to this research, though he wasn't aware of it. He said he frequently gets headaches on the weekends when he tries to sleep in.

When asked if he thought the headaches could be a result of caffeine addiction, Salgado said, "I don't think I'm addicted. I think I'm just tired and stressed out." **NE**

"I have to get top grades and I'm in sports and clubs and stuff, so I can get into a good college,"

--Matthew Kurzeski, 17, Senn High School.



Illustrations by Thomas Cooper
Thornridge High School

More on Teens & coffee continue on page 14

How Do YOU TAKE YOUR Coffee?

Coffee: Habit or Choice?

By Amanda Jones, John Hope College Prep.

In today's society, coffee, along with tea and wines, are considered drinks of leisure.

The popularity of coffee has risen due to the fact it can be drank at all times of the day in hot or cold form and in a variety of flavors. The growth of coffee consumption has led to the opening of many coffee shops, such as Starbucks where a cup of coffee ranges from \$1.50 - \$2.50 and where lattes range from \$2.50 - \$4.75 (tax not included).

While today's young coffee drinkers flock to local commercial coffee shops, coffee drinkers over the age of 40 say they prefer the old fashion method of brewing their own fresh hot cup of coffee at home or at work.

"Growing up, there were not a lot of coffee shops. You bought coffee in a store or in a restaurant," said Sarah Cross, 65, a security guard at John Hope College Prep. Cross has been drinking coffee for more than 30 years.

In some cases, veteran coffee drinkers resorted to actually growing their own coffee.

"My grandfather raised his own coffee," said Obbie Nephew, 75. Nephew grew up in Mississippi but now lives in Chicago.

"Most teenagers started drinking coffee in their teens because it was a regular, family thing," said Nephew, who's been drinking coffee for more than 60 years.

Several 40 and over coffee drinkers interviewed for this article admit that it took time to develop a taste for java.

"Coffee was bitter at first but everyone drank it at work," said Mother Bernice Wright, 67, of Monument of Faith Evangelistic Church.

"I began drinking coffee just working on the job," said Wright, who was 25 when she first began drinking coffee.

A major difference between the older and newer coffee drinkers seems to be that older coffee drinkers, who did not grow up with the variety of coffee

flavors available today, prefer plain or store bought coffee. And forget about paying \$2 or more for a cup of coffee.

"No way would I buy Starbucks. Starbucks coffee is very heavy tasting, it's very sweet, and high in calories," said Philip Costello, 49, whose been drinking coffee since his senior year of college.

"It's a rare exception that I would even pay that much for coffee," said Costello, who is the executive director of Youth Communication.

While some older coffee drinkers say they simply drink coffee for the taste, Costello and a handful of others admit that have fallen prey to the caffeine rush of coffee.

"I know it's addictive and not right, but I feel more comfortable with knowing I have coffee on my desk to start work," Costello said.

Nephew said that she also needs coffee to function properly.

"When I don't have it, my mood swings change. I took one month off, but I went right back," Nephew said.

Drinking coffee is nothing new, but the way coffee is perceived and consumed by younger drinkers has changed over the years.

"I believe at that time we didn't have as much stress and peer pressure as teens today," Wright said, referring to why some teens would opt to get caffeine rush that coffee provides.

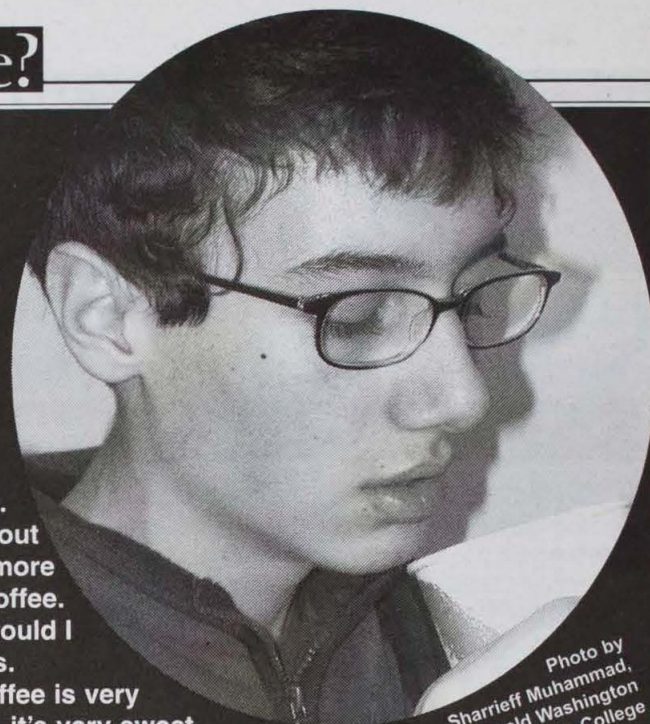


Photo by Sharrieff Muhammad, Harold Washington City College

Caffeine, The EXTREAM Bean

How much caffeine is in your food and drinks?



Drugs: NoDoz, Regular Strength Caffeine Pills

Serving: 1 tablet
Caffeine: 100 mg

Coffees: Brewed
Serving: 8 oz.
Caffeine: 135 mg

Soft Drinks: Coca Cola
Serving: 12 oz.
Caffeine: 34.5 mg

Teas: Tea, leaf bag
Serving: 8 oz.
Caffeine: 50 mg

Soft Drinks: Pepsi-Cola
Serving: 12 oz.
Caffeine: 37.5mg

Chocolate: Hershey's Bar
Serving: 1 bar (1.5 oz.)
Caffeine: 10 mg

Coffee

	Caffeine (mg)
Starbucks (16oz.)	550
7-Eleven (64oz.)	190
Maxwell House (8oz.)	110

Energy Drinks: Redbull

Serving: 8 oz.
Caffeine: 80 mg



Information provided from the National Coffee Association, National Soft Drink Association, Teas Council of the USA, Starbucks, and the U.S. Food & Drug Administration.

NE File Photo

BEHIND THE WOUNDS

Teens silently cry for help by mutilating their bodies

By Willine Valentin
Lane Tech High School



Last names withheld for privacy.

Photo by Jesse Hall, Crane

When the pressures of life get rough, some teens cry, talk it out, yell, or get angry and move on. Other teens resort to the deadly and dangerous act of cutting themselves, or self mutilation.

Aimee*, 17, a student at Lincoln Park High School, started cutting herself when she was a sophomore. Aimee became depressed after leaving her home town, friends and family when she moved to Chicago. Aimee was told by a friend that cutting would help her pain go away.

"My friend kept saying that it makes the pain go away. At first, I began cutting for attention, but now, I just do it to make the pain of depression go away. But after I cut myself I feel worse than I did before," said Aimee.

Aimee is among an estimated two million cutters in the country, according to the Center for Disease Control.

Cutting, also referred to as self mutilation or self injury, is the deliberate act of damaging body tissue without the intent of suicide. Self mutilation is often combined with feelings of guilt, helplessness, rejection, self-hatred, anger, failure and loneliness.

"There is a lot of contagion. You know somebody does it and you think maybe I'll try it to relieve the stress," said Dr. Jack Cox, a school social worker at Lane Tech High School who has worked with teens who cut themselves.

Mainly girls ages 12 to 19 turn to cutting to deal with negative feelings, according to statistics from the Center for Disease Control.

Lisa*, 16, a student at Lane Tech High School, began cutting herself when she was 11-years-old. Lisa said that in recent months she has stopped the dangerous practice.

"Well, I write a lot. I write everything. The emotions that words can't describe, my flesh can. Sounds morbid, but senses tell you that you're still here, and when I'd feel the blood rush out, I'd know I'm living another day," said Lisa.

Many teens, including Aimee and Lisa, admit to noticing an increase in the number of teens that are choosing to cut themselves to deal with

their depression and anger.

"At my school, for some bizarre reason, it's a trend. My one friend has it all over her arm. She has words (carved in her skin); there's almost nowhere on her arm she doesn't have a scar," Aimee said.

"There are a lot of cutters out there; people just don't know," Lisa said.

Dr. Cox agreed and said there is probably more cutting going on than

people are aware of.

Anger can be handled in many different ways, but teens who cut themselves think cutting is the best way to handle the pressures of life, family, and other problems. Aimee said she cuts out of spite for her parents or to deal with stress.

Aimee and Lisa described how the act of cutting is temporarily comforting, but the aftermath is unattractive marks and scars.

"It hurts the first few times, but eventually it's like you slowly go numb. You can see the blood and you feel it, but you forget about it," Aimee said.

"I really want to stop (cutting). The scars are not attractive. It's weird to look at your arms and legs and know that these things are not going to go away and you have them to remind you," said Aimee, whose legs and arms are scarred with cut marks from razor blades.

Research shows that while there are cutters who are suicidal, the majority of cutters have not considered suicide. (Center for Disease Control)

However, that is not the case for Lisa.

"I have tried to kill myself because I was depressed. I felt alone in this world. Nothing felt real, only the pain I felt. It was all so overwhelming; I wanted to get rid of it all," Lisa said.

Youth who suffer from depression are at an increased risk for committing suicide and may also abuse alcohol and drugs to make themselves feel better, according to research from the American Academy of Child Psychiatry. Suicide is the third leading cause of death for 15 to 24-year-olds and the sixth for 14 and 15-year-olds, according to the academy.

Depression is a serious condition and should be immediately diagnosed. Depression and other mental disorders may be due to heredity or chemical imbalances. Both Aimee and Lisa admit that they have sought professional help, but they do not discuss the issue of cutting with their doctors. Aimee is also on medication.

Aimee's advice to teens that cut themselves is: "Find another release."

"Find something that makes you happy, do art, do projects, do something that takes your minds off of things. Find a good friend," Aimee said.

Dr. Cox advises people who cut, and other people who suffer from severe depression, to reach out for help.

"Don't be stigmatized. Reach out to someone you trust. Interrupt it early, and begin to develop healthy coping mechanisms," Dr. Cox said.

Resources and places to get assistance for cutting

1 800 DON'T- CUT

US Department of Health and Human Services Substance Abuse and Mental Health Services Administration —
<http://www.samhsa.gov/index.aspx>

If you get to the point that you are considering suicide or are afraid of your impulses then you need to seek help immediately. You can call 9-1-1 or go to your nearest hospital emergency room.

Organizations

S.A.F.E. Alternatives

7115 W. North Avenue, Suite 319, Oak Park, Illinois 60302

24 hour information line, (800) DONT CUT or (708) 783-0167.

New Book: Bodily Harm: The Breakthrough Healing Program, for Self

Blood Red

http://www.healthyplace.com/Communities/Self_Injury/blood-red/

The Weight of a Name

Having an ethnic name may result in being last on the job list

By Jennifer Broome
St. Ignatius College Prep

Shakespeare pondered, "Would not a rose by any other name not smell as sweet?"

The current job market poses the same question about people.

In today's job market, applicants with white-sounding names are 50 percent more likely to be called for interviews than applicants with black-sounding names, according to a study by the University of Chicago.

The university conducted the study to see whether employers discriminate against black job applicants. The researchers randomly assigned the first names on the resumes, choosing from one set that is particularly common among blacks and from another that is common among whites. The candidates all had the same education level, skills and experience.

Their research revealed that applicants with white-sounding names were 50 percent more likely to be called for interviews than were those with black-sounding names.

Interviews were requested for 10.1 percent of applicants with white-sounding names and only 6.7 percent of those with black-sounding names.

One of the companies viewed was the Target Corporation, which is being sued by the U.S. Equal Employment Opportunity Commission for discriminating against blacks who applied for management jobs with the company.

Name discrimination does not immediately affect teens because they tend to hold retail jobs, labor experts say.

"In the retail industry names do not play as big of a factor as it

may in corporate America," said Otessah Johnson, a Walgreen's store manager.

When teenagers with ethnic sounding names mature and are prepared to enter corporate America, research shows that issues do arise.

"Name discrimination does occur. No one, of course, will admit that they do it because it is morally wrong and ignorant," said Jim Hasten, former lending vice president of Bank One.

The reality is that we live in a society where it helps to have a white-sounding name and the names that many black parents choose may actually work against their children.

While black and other ethnic parents have the right to give their children names that display ethnic pride, the consequences of doing

so may result in lost opportunity for their children.

Despite the drawbacks that having an ethnic sounding name may have entering the job market, parents like Luis Diaz's father, say they are proud of their heritage and have given their children names that will continue that pride.

"I named my son Luis because it is a traditional Mexican name and I want him to never forget who he is and where he has come from," said Luis' father.

Luis Diaz admitted that initially he did not like his name because it was obviously Mexican.

"I love my name. I used to not like it, but as I've grown older, I've grown to appreciate it," Diaz said.

Many minorities have debated on whether to celebrate their culture by giving their children distinctive ethnic names.

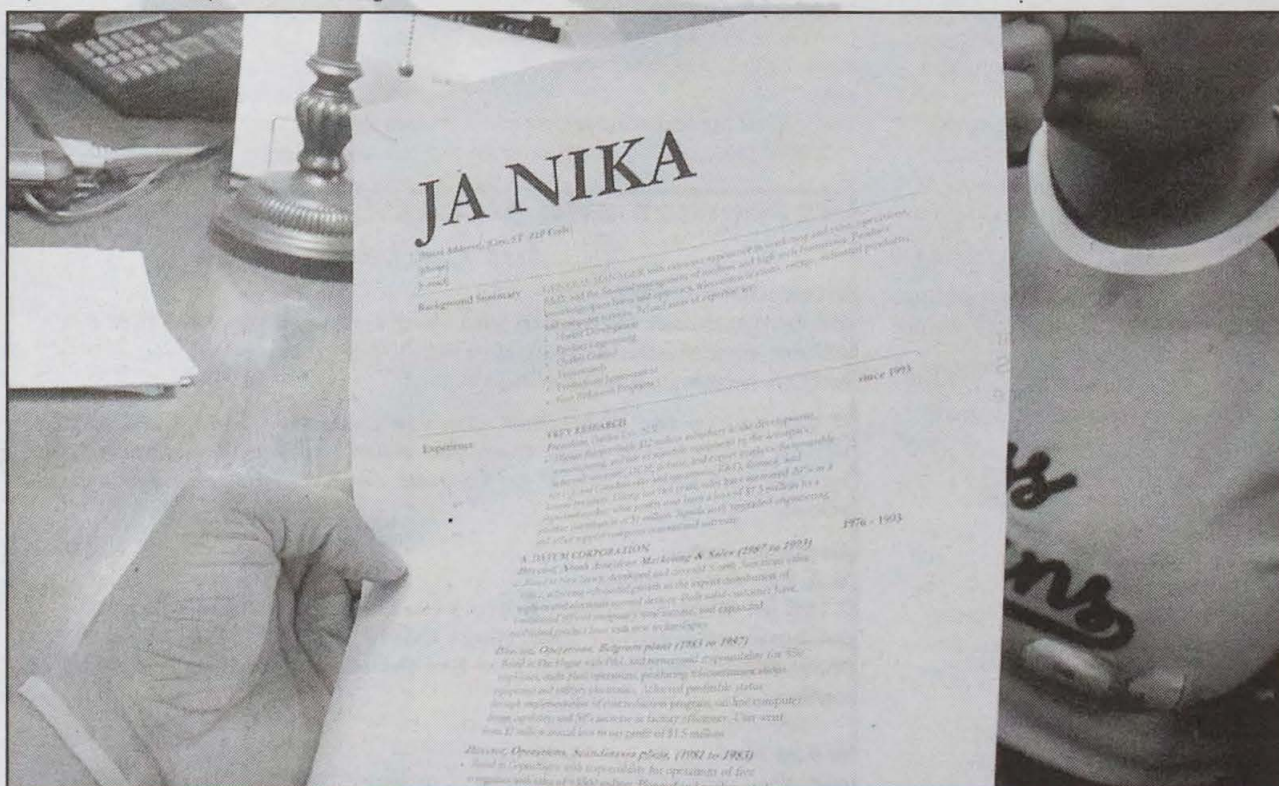
After the Holocaust many Jews changed their names, hoping to improve their economic prospects in the face of discrimination, as have Asians and other minorities.

Blacks, however, have chosen increasingly distinctive names over the past century, with the trend accelerating during the 1960s.

"I think everyone has the right to start with a clean slate," said 18-year-old Dave Martin, who attends St. Ignatius High School.

This is not the case, however, for teens and adults with ethnic sounding names.

Name discrimination is illegal. The Civil Rights Act of 1964 outlaws it. If you believe you have encountered a case of name discrimination, contact the nearest office of the U.S. Equal Employment Opportunity Commission. **NE**



Your authentic and original name may overshadow your qualifications on your resume. Photo by Phylecia Thompson, Lakeview High School. Research shows applications with "white-sounding" names are 50 percent more likely to be called for an interview.

Roosevelt's RoboRiders Team 9 Blazes

Into 21st Century

By Devin Ross

Payton College Prep

As far back as Berenisse Espinoza can remember, she has always enjoyed building and putting things together.

"When I was a little girl I remember building little motorized boats with my dad and (putting together) models," Espinoza said.

When she was a freshman at Roosevelt High School, Espinoza was easily attracted to the RoboRiders Team 9 robotics club.

"I like building things and the robotics club just seemed to be a natural fit for me," said Espinoza, who is now a senior and a four year standing member of the club.

If the words 'robotics club' bring to mind images of "dorky" kids wearing pen holders in their pockets and talking about math and science equations, think again.

"I'm sure people come up with the nerdy stereotypes for us, but that's just not true. We are all quite different and have many different interests, but we all enjoy coming up with crazy ideas on how we can use different items to create robots," Espinoza said.

The club has been in existence since 1993 and each year the club has a turnout of about 100 students.

"It's very popular," said Brenda Brown, an adult coordinator for the club. "We usually have to turn down people or eventually many kids drop out [of the club] because there is so much work. We usually end up having about 60 to 70 students."

Brown is just one of the eight coordinators who handles and finances the robotics club. She has been a part of the club since 1999.

Each year the club competes in national and international competitions, which are usually hosted in the United States.

"It's really cool that we get to not only build cool robots, but we get to travel and show them off," Espinoza said.

The club builds fully functional, remote control robots that are able to perform various tasks.

"In most cases there is an obstacle course in which your robot has to complete. We don't do any demolition robot stuff like you see in Battlebot

competitions," said Lawrence Martin, 16.

Martin, a junior at Roosevelt, has been a member of the club for three years and acts as a spokesman for the club.

"The robots that we build mainly navigate around strategic courses and pick up or push items, hang from bars and they have to interact with the other robots on the obstacle course," Martin said.

In some cases, infra-red technology is used to make the robots perform, Espinoza said.

"When we enter the competitions we receive kits and have six weeks to put the robots together. We can use various household items to build the robots, outside of the parts that come with the kit," Espinoza said.

The robots built by the club range in size. Some robots are slightly bigger than a remote control car and others can stand up to almost three feet in height.

"It can be quite an involved process to get the large robots built, but it's a lot of fun," Espinoza said.

Outside of building robots, members of the club work together as a team and play a role in raising funds for the club, doing marketing and public relations for the club and even develop websites for the club.

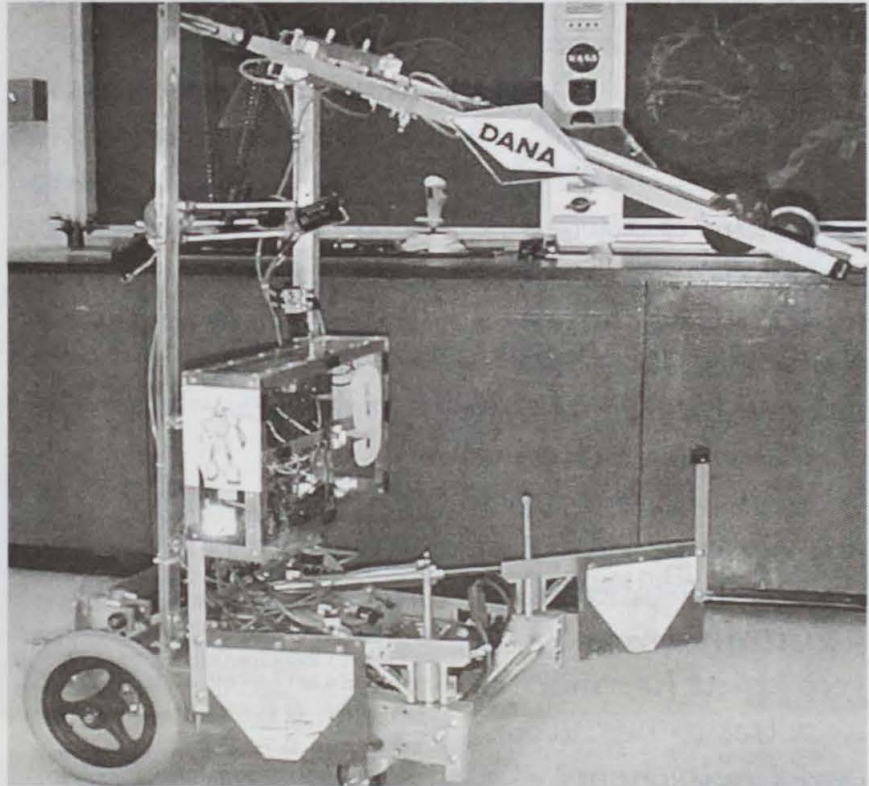
"That is the best part of the club. We all work together as a team. Everyone has a responsibility and we are all equals," Martin said.

In order to participate in the various competitions, the teams must pay various fees. A 2005 regional event will cost the club \$6,000, which includes participation and the kit of parts each team receives to build their robots with.

Roosevelt High School is the only Chicago public school that qualifies every year to compete in regional and national robot building competitions.

In 2003, the RoboRiders came in seventh place at the FIRST Robotics Competition, topping over 300 schools from all over the world.

RoboRiders Team 9 is registered for a competition March 24-26. The team does not yet know what tasks their robots will have to perform for, but they said they will be ready.



NE File Photo

DANA is one of many high-tech robots built by Roosevelt High School's RoboRiders Team 9.



Now that I've been suspended, I have plenty of time to catch up on my news at newexpression.org

Check out newexpression.org for expanded coverage on news that affects you.

Dear Eyevie

By Eyevie McHenry
Prosser Career Academy



Eyevie McHenry

Dear Eyevie,
I am 16. A good friend of mine has a mother who is always on her case about everything she does. Her mom is always complaining about boys calling, house-cleaning, and other chores. I help her with chores when I can because she is not permitted to go out. But my friend makes the situation worse by yelling at her mother and lies to her. How can I help them?
-Lisa P.

Dear Lisa,
You are already helping when you go to your friend's house and help her with her chores. You are taking time out of your life to do something nice for her. But if you want to be even more helpful (and I am sure you do) then what you need to do is sit your friend down and talk to her about her not so respectful ways toward her mother. I am sure your friend is just upset at the kind of treatment that her mother is putting her through, so a helpful suggestion would be to have them talk to each other to see if they can work this problem out. Also, the mother and your friend might want to look into some family counseling to help them with their situation.

Dear Eyevie,
My sister is a complete control freak.

She is worse than my mother. I am 14 and she is 19. She really doesn't let me make my own decisions and is always interfering with my relationships and friendships. What should I do to get her off my back?
-Step Back

Dear S.B.,
Maybe your sister thinks she is doing the right thing and is just trying to protect you. After all, you are younger and she probably just wants what is best for you. However if it does bother you to the point where it is like "LEAVE ME ALONE!!!" then you need to talk to her. Let her know that you appreciate all that she is doing for you, but you are mature enough to handle some things on your own. I'm sure she will understand and respect you if you approach her in that way.

Dear Eyevie,
My boyfriend cheated on me with a friend of mine. I have known her since grade school. I could care less about my now ex-boyfriend but I am not sure what to do about trying to be friends with her. It hurts a lot and I do not know if I can trust her. What do you think?
-Blown Away

Dear Away,
Have you ever heard the saying:

"Boys come and go, but best friends are forever"? You say you two have known each other since grade school. I know you are hurt and very upset with her, but if she is truly your friend then you will find it in your heart to forgive her. I'm not saying that there still won't be some tiny bit of feelings of distrust, but I do believe you can let that go and forgive her. Give her, your friend, a chance.

Got a question you want answered? write "Dear Eyevie"
623 S. Wabash, Suite 207
Chicago IL 60605
or
editor@newexpression.org

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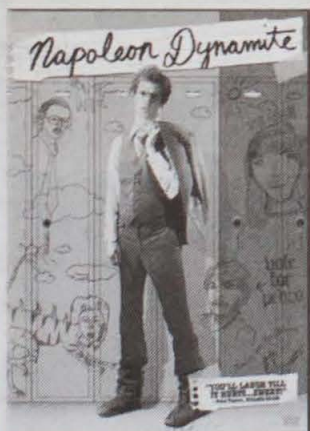
NE

Holiday Wish List

Santa Claus asked each of the New Expression staff members what they wanted this holiday season...

Jeannette Bruno

- 1) Napoleon Dynamite - DVD
- 2) Seasons 1-3 of Seinfeld - DVD
- 3) Live Penguin wearing a top hat



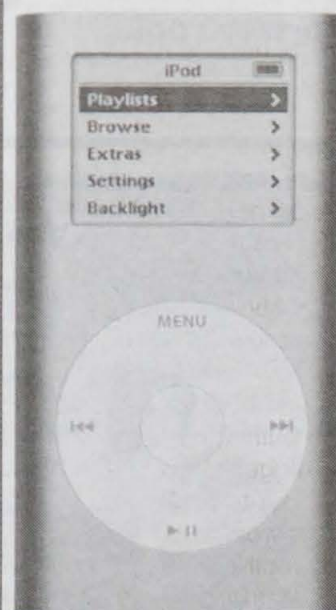
Tranette Williams

- 1) Season 1 of Beast Wars - DVD
- 2) A fully loaded laptop computer
- 3) All expense paid trip to Europe



Devin Ross

- 1) Mini iPod - green
- 2) Gwen Stefani - Angel.Music.Love.Baby - CD
- 3) Round trip to Italy



Sara Kwiatkowski

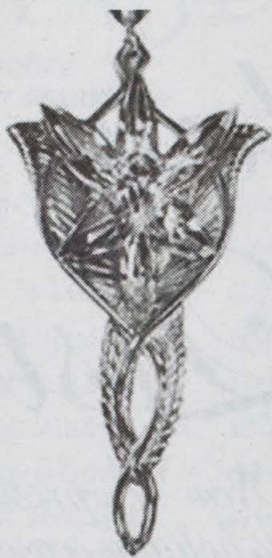
- 1) American Chopper game
- 2) Dolphin nick-knacks
- 3) TI-83 Graphic Calculator



Aaron Bowen

- 1) 1965 Jaguar Roadster
- 2) Date with Orlando Bloom
- 3) Trip to Fiji





Elizabeth
Juarez

- 1) Gift Cards for a variety of stories
- 2) Simpsons - DVD
- 3) Arwen Evenstar necklace

Phylecia
Thompson

- 1) All plush talking Care Bears
- 2) Tickets to WGCI's Winter Jam
- 3) A money tree



Willine Valentin

- 1) Gift Certificates
- 2) Car



Audriena
Comeaux

There's this new ICEE maker thing out that you can make home made ICEES. That's pretty cool..



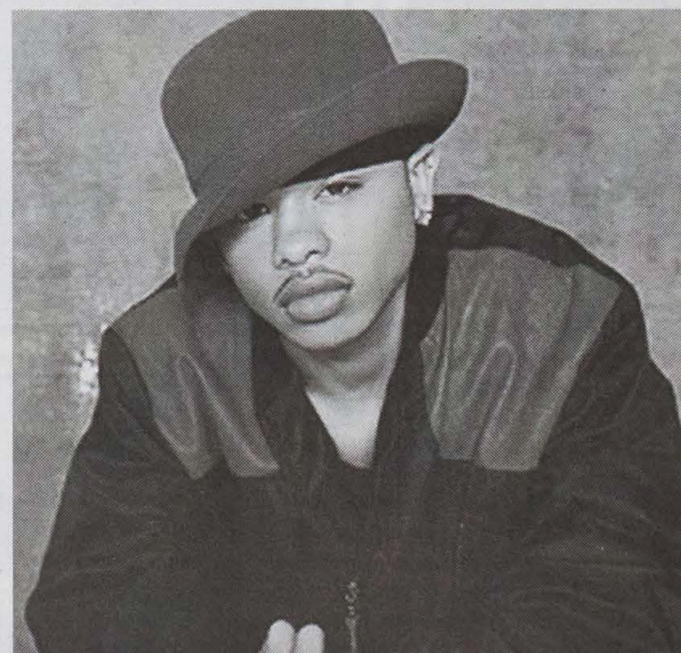
Vincent Dixon

- 1) Digital mini-DV with still imaging
- 2) Digital camcorder
- 3) XM Radio



Eyevie McHenry

- 1) Raz-B from B2K
- 2) A Silver Grand AM Pontiac GT
- 3) A Christmas Card



Rebecca Parsons

Editorial Assistant

1. Gold and diamond earrings
2. Tall brown leather boots
3. Nextel i860 cell phone



Katie Burman

- 1) Seinfeld DVDs
- 2) A castle in Italy
- 3) A crate full of Koala Yummies



Brent Watters

Editorial Advisor

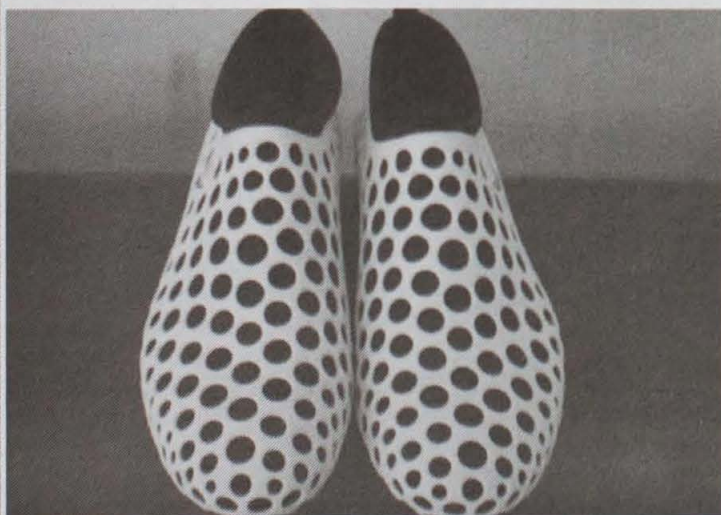
- 1) The Munsters - DVD
- 2) A subscription to the New York Times, Wall Street Journal and Editor and Publisher
- 3) A puppy that looks like Benji



James Alsup

Production Manager

Nike Air Zvezdochka - Named for the Russian Dog that was launched in space in Sputnik 10, the Zvezdochka is a collaboration between Nike and Australian designer Mark Newson. Only 144 pairs exist in the United States.



Anita Bryant

Layout Designer

- 1) Money for my trip to Italy
- 2) Condoleezza Rice's Job, so I save the world from DOOM!!!





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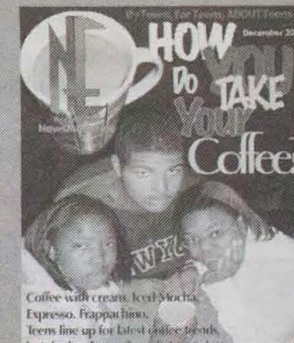
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TEEN
SCENE

Contact Editorial Advisor, Brent
Watters for more information.
(312)922-7150

JANUARY CALENDAR



Feminist Rocker Ani DiFranco releases her new album, "Knuckledown" on January 25.



Jennifer Garner stars in "Elektra," a spinoff to the 2003 film "Daredevil" on January 14.

January CDs

January 4

Judas Priest - ?

Cohn Legend - Get Lifted

January 11

The Jenkins - The Jenkins

January 18

System Of A Down - Hypnotize

The Game - The Documentary

January 25

LeAnn Rimes - This Woman

Tu - The Truth

Beanie Sigel - The B-Coming

Ani DiFranco - Knuckledown

Fat Joe - Things Of That Nature

January Movies

January 7

White Noise

January 14

Coach Carter

Elektra

Racing Stripes

January 21

Assault on Precinct 13

Hostage

January 28

Alone in the Dark

Are We There Yet?

D.E.B.S.

Hide and Seek

January DVDs

January 4

Eternal Sunshine of the Spotless Mind

Harold & Kumar Go to White Castle

Troy

January 11

Oz: Complete Fourth Season

Trick Baby

Village

January 18

Catwoman

Cookout

Who's Your Daddy

January 25

Alien vs. Predator

Brak Show 1

Predator 2



"The Brak Show" starring Brak, the dim-witted "Space Ghost" villain, comes to DVD January 25.



FEATURED THIS MONTH:

resident evil 4

IN RESIDENT EVIL 4 PLAYERS ARE REACQUAINTED WITH LEON S. KENNEDY, RACCOON CITY POLICE DEPARTMENT'S IDEALISTIC ROOKIE COP FROM RESIDENT EVIL 2. NOW A U.S. AGENT WITH A TOP-SECRET MISSION, LEON MUST ENCOUNTERS UNIMAGINABLE HORRORS AS HE LOOKS INTO THE ABDUCTION OF THE PRESIDENT'S DAUGHTER. COMING TO THE GAMECUBE JANUARY 11. NOVEMBER 9

Other Games coming out in January

January 4 Kameo: Elements of Power (XBOX); **January 11**: The Getaway: Black Monday (PS2/XBOX), Suikoden IV (PS2), Virtua Quest (PS2/GC); **January 18** The Punisher (PS2/XBOX), Full Metal Alchemist and The Broken Angel (PS2) Spy vs. Spy (PS2/XBOX)

DECEMBER CALENDAR



As Det. Del Spooner, Will Smith must stop a robot invasion in *I, Robot*, coming to DVD December 14.

December DVDs

December 7

Lion King Trilogy Gift Set
Ultimate Matrix Collection
Warriors of Heaven & Earth

December 14, 2004

Fat Albert & Cosby Kids
Godzilla: Tokyo S.O.S.
I Robot

December 21, 2004

Shaun of the Dead
Thunderbirds
Two Brothers

December 28, 2004

Anchorman
Batman Animated Series 2
Ghost in the Shell: Innocence



Ludacris' new album "Red Light District," featuring the single "Get Back," comes to stores December 7, just in time for last-minute holiday shopping.

November CDs

December 7

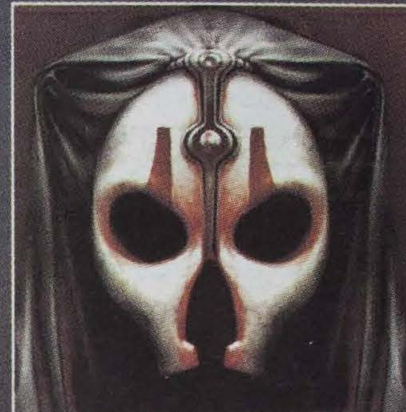
Ludacris - Red Light District
Cam'ron - Purple Haze
Lindsay Lohan - Speak
Soundtrack - Ocean's Twelve

December 14

Ashanti - Concrete Rose
Soundtrack - Fat Albert

December 21

N.O.R.E. - 1 Fan A Day
Mannie Fresh - The Mind Of...



Star Wars: Knights of the Old Republic II: The Sith Lords, coming to Xbox on December 6, lets players choose to walk on the light or dark side of the force

November Movies

December 4

American Chopper (XBOX/PS2)
GunGriffon: Allied Strike(XBOX)

December 7

Viewtiful Joe 2 (PS2)
Star Wars Knights of the Old Republic II: The Sith Lords(XBOX)

December 22

NFL Street 2 (PS2/XBOX/GC)

December 31

Wacky Races (PS2)
EyeToy: Play 2 (PS2)

FEATURED THIS MONTH: BLADE TRINITY

For years, Blade has fought against the vampires in the cover of night, with the world above unaware of the brutal ongoing war. But now, after falling into the crosshairs of the FBI, he is forced out into the daylight where he is driven to join forces with a clan of human vampire hunters he never knew existed - The Nightstalkers. Together with Abigail (Jessica Biel) and Hannibal (Ryan Reynolds), two deftly trained Nightstalkers, Blade follows a trail of blood to an ancient creature that is hunting him...the original vampire, Dracula. Also Starring Kris Kristofferson and pro wrestler Triple H. **Coming to Theaters December 8.**

Also in theaters this month:

December 3 Closer; **December 10** Ocean's Twelve; **December 17** The Aviator, Lemony Snicket's A Series of Unfortunate Events, Spanglish; **December 22** Andrew Lloyd Webber's The Phantom of the Opera, Flight of the Phoenix, Meet the Fockers **December 25** The Darkness, Fat Albert